

Your child's lead test

Any lead test result greater than 9 means there is too much lead in your child's blood.

A child can be hurt by lead and still look healthy. Too much lead can cause problems that make it hard for kids to learn. It can also cause damage to the brain, kidneys and nervous system.

Lead is found in many homes in paint, dust, drinking water, and pottery. It may also be in the dirt outside older homes.

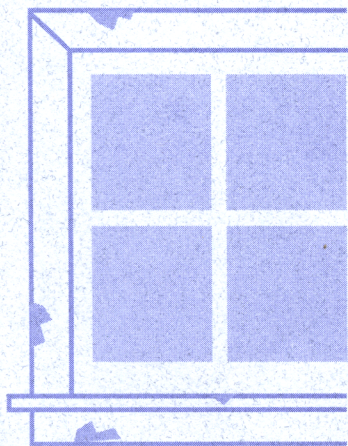
What does the test result mean?

If your child's lead test is 10 to 14:

- Your child is in the "border zone"
- Get another test in about 6 months

If your child's lead test is 15 to 19:

- The doctor may want to do another test right away, or in about 3 months
- Other kids under age 6 who live or spend all day in your house should get a lead test
- The most likely source of lead is paint

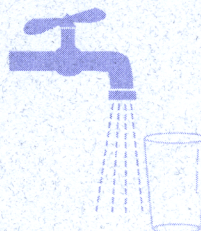
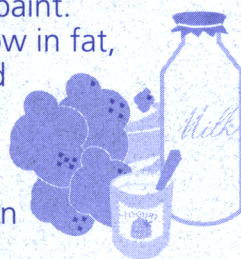
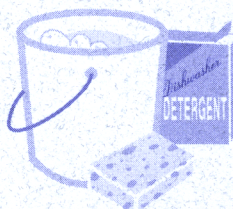


If your child's lead test is 20 or more:

- Your doctor will tell you what to do next for your child
- Other kids under age 6 who live or spend all day in your house should be tested
- If the test was done on blood from your child's vein, the Health Department will call you to set up a time to check your house for lead

What can you do?

- Wash you child's hands and face before eating.
- Every day wash pacifiers and toys kids put in their mouths.
- Clean window sills, floors and other areas that collect dust at least once a week with automatic dishwasher soap and water.
- Don't let kids play outside near old buildings with peeling paint.
- Give your child foods low in fat, and high in calcium and iron. Foods like milk, green leafy vegetables, yogurt and raisins.
- Don't store food in open cans or pottery.
- Use cold water for cooking. And, let the water run for about one minute before you use it in the morning.



For more information,
call the Lead Hotline:

1-800-439-8550

Vermont Department of Health

